



University Hospitals

1-866-UH4-CARE (1-866-844-2273)

Uhhospitals.org

AGE WELL. **BE WELL.** EVENTS NOVEMBER, 2021

If you are not a member of the AGE WELL. **BE WELL.** and would like to join our free Club, please call **1-844-312-5433** or visit the website www.uhhospitals.org/agewell to register.

UH Locations

AVON HEALTH CENTER

1997 Healthway Drive
Avon, OH 44011
440-988-6800

ELYRIA MEDICAL CENTER

630 East River Street
Elyria, OH 44035
440-329-7500

PORTAGE MEDICAL CENTER

6847 North Chestnut Street
Ravenna, OH 44266
330-297-0811

AHUJA MEDICAL CENTER

3999 Richmond Road
Beachwood, OH 44122
216-593-5500

GEAUGA MEDICAL CENTER

13207 Ravenna Road
Chardon, OH 44024
440-285-6000

RICHMOND MEDICAL CENTER

27100 Chardon Road
Cleveland, OH 44143
440-585-6500

BEDFORD MEDICAL CENTER

44 Blaine Avenue
Bedford, OH 44146
440-735-3900

GENEVA MEDICAL CENTER

870 West Main Street
Geneva, OH 44041
440-466-1141

ST. JOHN MEDICAL CENTER, A Catholic Hospital

29000 Center Ridge Road
Westlake, OH 44145
440-835-8000

CONNEAUT MEDICAL CENTER

158 West Main Road
Conneaut, OH 44030
440-593-1131

PARMA MEDICAL CENTER

7007 Powers Boulevard
Parma, OH 44129
440-743-3000

SAMARITAN MEDICAL CENTER

1025 Center Street
Ashland, OH 44805
419-289-0491

If you no longer wish to receive the Age Well Be Well Calendar of Events, please call **1-844-312-5433**

UH Ahuja Medical Center

HEALTH SCREENINGS

NORDONIA HILLS CHAMBER OF COMMERCE ANNUAL COMMUNITY EXPO

Ahuja Medical Center will be providing blood pressure, non-fasting blood sugar and cholesterol screenings.
Saturday, November 13
9 a.m. – 3 p.m.

Nordonia High School
8006 S. Bedford Road
Macedonia, OH 44056

UH Avon Health Center

EDUCATION

DIABETES EDUCATION

Comprehensive individualized education on blood glucose monitoring, medication management, nutrition and preventing complication. A physician referral is required. Check your insurance to verify coverage.

Tuesdays and Wednesdays

Late afternoon and evening hours available.

Call 440-284-5709 Kim Horvath, MEd, RDN, LD, CDCES

OUTPATIENT NUTRITION COUNSELING

Offering either virtual or in-person. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health.

Tuesdays and Wednesdays

Late afternoon and evening hours available.

Call 440-284-5709 Kim Horvath, MEd, RDN, LD, CDCES

EXERCISE CLASSES

Avon Health Center

1997 Healthway Drive
Avon, OH 44011

These group exercise classes are free and open to non-members aged 15 and older. Pre-registration is required. Please call 440-988-6801 or email Renee.Barrett@uhhospitals.org for information and to sign up.

All 45-minute group exercise classes

are free and open to non-members aged 15 and older. Pre-registration is required. Please call 440-988-6801 or Renee.Barrett@uhhospitals.org for information and to sign up.

AQUA PILATES

Different than traditional Pilates because exercises are done in an upright position in the pool. Easier on your joints while the water increases the resistance of the moves.

Monday, November 8

10 - 10:45 a.m.

SPRINT®

30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike.

Tuesday, November 9

6 - 6:30 p.m.

BEGINNER PILATES

Posture is often the first thing people notice about a person, and those who carry themselves with poise display grace and confidence. Basic fundamentals of Pilates to establish proper form. Exercises can be done on a mat or a chair.

Saturday, November 13

10:30 - 11:15 a.m.

BEGINNER SPINNING

Learn the proper way for bike set-up in this beginner level Spinning (Group Cycling) exercise class. Instructor will go through basic class formats, including hill and race training, and train teaching watts (power generated from your cycling).

Saturday, November 20

10 - 10:45 a.m.

POUND®

Using Ripstix, (lightly weighted drumsticks engineered specifically for exercising), POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements.

Wednesday, November 17

6:30 - 7:15 p.m.

BEGINNER YOGA

For those new to yoga. It is ideal for beginning flexibility and breathing conditioning. The exercises are done on a mat (please bring your own). Standing and seated postures included.

Saturday, November 20

11 - 11:45 a.m.

RACE DAY

Advanced 90-minute Spinning class where the instructor leads you through a road racecourse on a spin bike; includes hill training.

Sunday, November 28

11:30 a.m. - 1 p.m.

LES MILLS CORE™

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

Friday, November 26

10:15-10:45 a.m.

UH Bedford Medical Center

DIABETES SELF-MANAGEMENT CLASSES

Participants attend one Nutrition for Diabetes Class and one Diabetes Self-Management Class in any order then follow up with a diabetes educator.

NUTRITION FOR DIABETES

Tuesday, November 2

10:30 a.m. – 12:30 p.m.

DIABETES SELF-MANAGEMENT

Tuesday, November 16

10:30 a.m. – 12:30 p.m.

Bedford Medical Center

Medical Office Building

88 Center Road

Conference Room-Lower Level

Bedford, OH 44146

Doctor referral is required - check with your insurance for coverage.

Call 440-735-4700 to register.

EATING HEALTHY DURING THE HOLIDAYS

Tuesday, November 23

4:30 – 5:30 p.m.

Register [here](#) for a Zoom presentation by Jennifer Lattur, MS, RDN, CDCES, and Dietitian at Bedford Medical Center as she shares how to eat healthy during the upcoming holiday season.

BLOOD DRIVE AND EDUCATIONAL INFORMATION

Schedule your blood donation with Vitalant [here](#) with Group Code 4962 and pick up free educational information from Bedford Medical Center.

Sunday, November 21

9:30 a.m. – 1:30 p.m.

Mt. Zion Church

1 Mt. Zion Circle

Cleveland, OH 44146

HEALTH RISK ASSESSMENTS

Our team of health care providers ask a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Based on your answers, recommendations are made for scheduling the recommended testing.

To schedule a risk assessment with an RN Patient Navigator call **440-735-2559**.



Infusion Center Opens in Bedford

The Outpatient Infusion Center at UH Bedford Medical Center provides customized services to treat a number of acute and chronic conditions, including gastrointestinal, joint and immune disorders, infectious diseases, neurological disorders and replacement therapies, including hydration and electrolytes. Please call 440-735-2545 for more information.

Our team of compassionate caregivers are committed to offering high quality care in a low-stress and relaxing environment. The Infusion Center allows patients to receive the infusion services they need, while avoiding a trip to the ER or hospital admission.



UH Conneaut and Geneva Medical Centers

HEALTH EDUCATION

BENEFITS OF MICROGREENS

Monday, November 1
11 a.m. – 12 p.m.

Orwell Country Neighbor
39 South Maple Street
Orwell, OH 44076
Call **440-593-0364**

DIABETES EDUCATION

Individualized education, focusing on:

- self-monitoring of blood glucose
- medication management
- meal planning
- prevention of complications

For information, call Lori Ann Slimmer, RN, M.Ed., CDCES at 440-593-0373

SMOKING CESSATION

**Monday, November 8 (Intro)-
Tuesday, November 9
Wednesday, November 10
Thursday, November 11**
4:30 - 5:30 p.m.

UH Geneva Medical Center
Private Dining Room
870 West Main Street
Geneva, OH 44041
Call **440-593-0364**

LAUGHTER IS THE BEST MEDICINE

Tuesday, November 16
11 a.m. - 12 p.m.

Madison Senior Center
2938 Hubbard Road
Madison, OH 44057
Call **440-428-6664**

HEALTH SCREENINGS

MAMMOGRAM PROGRAM

(Un-insured and Under-insured)
Call **440-593-0374**

SUPPORT GROUPS

CANCER SUPPORT GROUP

Wednesday, November 17
5 – 6 p.m.

UH Geneva Medical Center

Training Center
830 West Main Street
Geneva, OH 44041
Call **440-593-0364**

DIABETES SUPPORT GROUP

Monday, November 1
10 - 11 a.m.

Orwell Country Neighbor

39 South Maple Street
Orwell, OH 44076
Call **440-593-0364** for information

UH Elyria Medical Center

HEALTH EDUCATION

DIABETES EDUCATION

Comprehensive individualized education on blood glucose monitoring, medication management, nutrition and preventing complication. A physician referral is required. Check your insurance to verify coverage.

Tuesdays and Wednesdays

Late afternoon and evening hours available.

Call **440-284-5709** Kim Horvath, MEd, RDN, LD, CDCES

OUTPATIENT NUTRITION COUNSELING

Offering either virtual or in-person. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health.

Tuesdays and Wednesdays

Late afternoon and evening hours available.

Call **440-284-5709** Kim Horvath, MEd, RDN, LD, CDCES

HEALTH SCREENINGS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at **440-284-5709**. Closed on all holidays or in inclement weather.

BLOOD PRESSURE SCREENINGS

Tuesday, November 16
12:30 – 2 p.m.

Avon Lake Senior Center

Old Firehouse Community Center
100 Avon Belden Road
Avon Lake, OH 44012

COMMUNITY PROGRAMS

ELDERBERRIES: SENIOR DAYS IN THE PARK

(In collaboration with Geauga Dept. on Aging and Geauga Park District)

Thursday, November 18

1 - 2:30 p.m.

The West Woods

9465 Kinsman Road.

Novelty, Ohio 44072

Call **440-214-3180** to register

Light refreshments provided.

DINNER AND A MOVIE

Thursday, November 18 |

3 - 5 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

Call **440-214-3180** to register

HEALTH SCREENINGS

BLOOD PRESSURE

Monday, November 1

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street

West Farmington, OH 44491

Tuesday, November 16

10 a.m. – 12 p.m.

Gauga YMCA

12460 Bass Lake Rd

Chardon, OH 44024

HEALTH EDUCATION

EXERCISE BENEFITS FOR ARTHRITIS

Monday, November 1

2 - 3 p.m.

Chardon Public Library

110 East Park Street.

Chardon, OH 44024

Call **440-214-3180** to register

UNDERSTANDING BLOOD PRESSURE MEDICATIONS

Monday, November 8

6 - 8 p.m.

Bainbridge Public Library

17222 Snyder Road

Chagrin Falls, OH 44023

Call **440-214-3180** to register

SELF-CARE DURING THE HOLIDAYS

Tuesday, November 9

2:30 - 3:30 p.m.

Gauga West Library

13455 Chillicothe Road

Chesterland, OH 44026

Call **440-214-3180** to register

EXERCISE & FITNESS

WALKING FOR WELLNESS

(In collaboration with Geauga Dept. on Aging)

Wednesdays

1 – 2:30 p.m.

Call **440-214-3180** to register

Wednesday, November 3

Sunnybrook Preserve

12474 Heath Road

Chesterland, OH 44026

Wednesday, November 10

Welton's Gorge

13973 Hale Road

Burton, Ohio 44021

Wednesday, November 17

The West Woods

9465 Kinsman Road

Novelty, OH 44072

Wednesday, November 24

Headwaters Park

15055 Mayfield Road

Middlefield, Ohio 44062

FIGHTING AGAINST PARKINSON'S

(In collaboration with Geauga Dept. on Aging)

Non-contact Boxing & Fitness Class.

For seniors diagnosed with

Parkinson's disease. Goal of this

program is to delay the progression of

Parkinson symptoms.

Mondays, November 1, 8, 15, 22, 29

Wednesdays, November 3, 10, 17, 24

Fridays, November 5, 12, 19, 26

Everybodies Gym

357 Washington Street

Chardon, OH 44024

Cost \$45

Call **440-279-2137** for information

SUPPORT GROUPS

LIVING WITH LYMPHEDEMA

Wednesday, November 17

6 - 8 p.m.

Concord Health Center

Community Room

7500 Auburn Road

Concord, OH 44077

PARKINSON'S DISEASE

Tuesday, November 16

12:30 - 1:30 p.m.

Chardon Senior Center

12555 Ravenwood Drive

Chardon, OH 44024

PREVENTATIVE HEALTH

SENIOR ASSESSMENTS

Memory Loss and Aging – When to seek help?

Gauga Health Center

Norma N. Chapman

Senior Assessment Program

13221 Ravenna Road

Chardon, OH 44024

Call **440-285-6408** to schedule an Assessment

RISK ASSESSMENTS

Call Wellness Coordinator at

440-904-0064

DIABETES SELF-MANAGEMENT EDUCATIONS

For newly diagnosed or for anyone just looking for additional information on how to live well with diabetes

Call Diabetes Educator at

440-214-8233

MEDICATION MANAGEMENT CLINIC

This clinic is staffed by pharmacists who are highly trained experts in the following areas:

- diabetes
- high blood pressure
- high cholesterol
- heart failure
- smoking cessation

Pharmacists will help you organize your medications, answer questions about your health condition or medications.

Call **440-285-3037** for information

UH Parma Medical Center

DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is

required by UH and may be required by your insurance. Check with your insurance in advance regarding coverage. Call Melanie Hocker, MS, RD, LD at 440-743-2155

HEALTHY HOLIDAY EATING: IT'S NOT AN OXYMORON

Tuesday, November 30
4:30 – 5:30 p.m.

Presented by Melanie Hocker, MS, RD, LD, And Clinical Dietitian. The holidays are a time of year when many people throw in the towel when it comes to their food choices and to the many delectable dishes that are a part of the Holiday festivities. Instead of

digging a hole for yourself come that January diet, learn how to navigate the Holiday season while making healthy food choices. This class will present strategies for baking, cooking at home and attending holiday parties. Registration is required for this Zoom Presentation. Click [here](#) to register

HEALTH SCREENINGS

No health screenings at this time
If you have any questions or would like to have your name on a list to receive a call back when screenings resume, please call 440-743-4932.

UH Portage Medical Center

HEALTH EDUCATION

DIABETES AWARENESS MONTH

Offering Risk Test over the Phone

Every year, November marks Diabetes Awareness Month. The CDC estimates more than 34 million adults have diabetes. More than 21% do not know they have it. Another 88 million people have prediabetes. Prediabetes is when the blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes. Knowing your risk is an important step in preventing type 2 diabetes. We can help you identify your risk with a simple over-the-phone prediabetes risk test. Once you know your risk, you can take action to decrease it. Resources will also be provided.

Call 330-297-2576 to find out your risk.

SELF-MANAGEMENT EDUCATION CLASSES

Free diabetes education for anyone newly diagnosed or who may need help.

Call 330-297-2575 for information

VIRTUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

HEALTH SCREENINGS

MEN'S HEALTH SCREENING

Free prostate screenings with Zane Giffen, MD and prediabetes and blood pressure screenings

Saturday, November 6
8:30 a.m. - 12 p.m.

Portage Medical Center

6847 North Chestnut Street
Ravenna, OH 44266

Registration is required.

Call 330-297-2576 registration

AMPUTEE WALKING CLINIC

Thursday, November 4
3 - 5 p.m.

Portage Medical Center

Medical Arts Building, Room 150
6847 North Chestnut Street
Ravenna, OH 44266

Call 330-297-2576 to register

VIRTUAL TALKS

Virtual / Online events are Available on our website
UHhospitals.org/AgeWell
Under the Virtual Events tab

WOMEN'S HEALTH

FREE MAMMOGRAMS

For underinsured or uninsured women.

Portage Medical Center

6847 North Chestnut Street
Ravenna, OH 44266

Call 330-297-2338 to find out if you qualify for this screening.

SUPPORT GROUPS

- Alzheimer's Association Caregiver Support
- Beyond Stroke Support Group
- Breast Cancer Support Group
- Diabetes Support Group
- Ostomy Support Group
- Parkinson's Support Group
Call 330-297-2576

HEALTH EDUCATION

RICHMOND MEDICAL CENTER BLOOD DRIVE AND HEALTH INFORMATION

Click [here](#) to schedule your blood donation online with American Red Cross with Sponsor Code "UH" or CALL 1-800-RED CROSS. Appointments are needed / walk-ins if time permits. Educational material from Richmond Medical Center will be available.

Tuesday, November 9
10 a.m. – 3 p.m.

Richmond Medical Center
27100 Chardon Road, 4th Floor
Richmond Heights, OH 44143

EATING HEALTHY DURING THE HOLIDAYS

Tuesday, November 23

4:30 – 5:30 p.m.

Register [here](#) for a Zoom presentation by Jennifer Lattur, MS, RDN, CDCES, Dietitian at Bedford Medical Center, a campus of UH Regional Hospitals, as she shares how to eat healthy during the upcoming holiday season.



PREVENTIVE HEALTH

MOBILE MAMMOGRAM UNIT AND SCREENINGS

Monday, November 8

9 a.m. – 3 p.m.

Wickliffe Community Center

900 Worden Road
Wickliffe, OH 44092

Call Nicole Edwards 216-896-1768 for times and information.

HEALTH RISK ASSESSMENTS

Our team of health care providers ask a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Based on your answers, recommendations are made for scheduling the recommended testing. To schedule a free risk assessment call **440-735-2559**.

UH St. John Medical Center, a Catholic Hospital

HEALTH EDUCATION

DIABETES EDUCATION CLASSES

This four-week series offers comprehensive diabetes self-management education provided by the diabetes team, including a diabetes nurse and registered dietician. Services are billable to your insurance provider. A physician referral is required to participate. (We can assist with this.)

Class topics include: Basic and advanced information about diabetes management, making healthy food choices and meal planning, incorporating physical activity into lifestyle, safe and appropriate use of medications, blood sugar monitoring and management of high or low readings and how to prevent long term complications.

Tuesdays

November 2, 9, 16, 23

6 – 7:30 p.m.

St. John Health Center

26908 Detroit Road, Suite 100
Westlake, OH 44145

Call 440-827-5341

DIABETES EDUCATION

Individualized education on blood glucose monitoring, medication management and preventing complications. A physician referral is required.

St. John Health Center

26908 Detroit Road, Suite 100
Westlake, OH 44145

Call 216-844-1499 to schedule

AMERICAN HEART ASSOCIATION - HEARTSAVER CPR/AED

This program includes instruction on adult, child and infant CPR and AED

use. This program is not intended for health care providers. A course completion card will be provided. *This is a free class, but you must register at www.uhems.org.* Call 216-849-5013

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition counseling experience throughout each person's life cycle, Marge Robison, MPH, RDN, LD, offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. Participants must obtain a physician's referral prior to their visit.

St. John Health Center

26908 Detroit Road
Westlake, OH 44145

Call 440-835-4426

UH St. John Medical Center, a Catholic Hospital, cont.

HEALTH SCREENINGS

For more information about our programs, contact the Outreach Department at UH St. John Medical Center at **440-827-5440**. No screenings offered on holidays. Screenings may be canceled on days with inclement weather.

BLOOD PRESSURE SCREENINGS

Monday, November 8
11 a.m. – 12 p.m.

North Olmsted Senior Center
Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

Wednesday, November 10
9:30 – 11 a.m.

Lakewood Senior Center
16024 Madison Avenue
Lakewood, OH 44107

BALANCE SCREENINGS

Call **440-414-6050** for an appointment. *Space is limited.*

AUDIOLOGY

Testing and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Department.
Call **440-835-6160**.



SENIOR SUPPER CLUB

Seniors-60 years of age and older may apply for a Supper Club card from:

- **Westlake Center for Community Services** (440-899-3544); or
- **North Olmsted Senior Center** (440-777-8100).

Present your card at **St. John Medical Center Cafeteria** to receive a 40 percent discount on all food except bottled beverages, specialty snacks and “Simply to Go” items. There is a \$10 limit per customer for the discount; after that, the items are full price. You must present your card to receive the discount.

Daily | 4 – 5:30 p.m.

UH Samaritan Medical Center

EXERCISE & FITNESS

S.H.O.W. - (SAMARITAN HOSPITAL ORANGE WALKERS)

Walking support group for COPD patients
Tuesdays and Thursdays
10 a.m.

The Keith Field House
Ashland High School
Ashland, OH 44805

HEALTH EDUCATION

SMOKING CESSATION

One on one consultations available
Call Amanda at **419-207-2306** for information

HEARTSAVER FOR THE COMMUNITY

Thursday, November 11
5 - 7 p.m.

Samaritan on East Main
663 East Main Street
Ashland, OH 44805
Call **419-207-7856** to register
Class limited to 10

BLS FOR THE COMMUNITY

Tuesday, November 23
2 – 5 p.m.

Samaritan on East Main
663 East Main Street
Ashland, OH 44805
Call **419-207-7856** to register
Class limited to 10

HEALTH SCREENINGS

BIOMETRIC, BLOOD PRESSURE, BONE DENSITY AND STROKE SCREENINGS

Call **419-207-7856** for appointment

